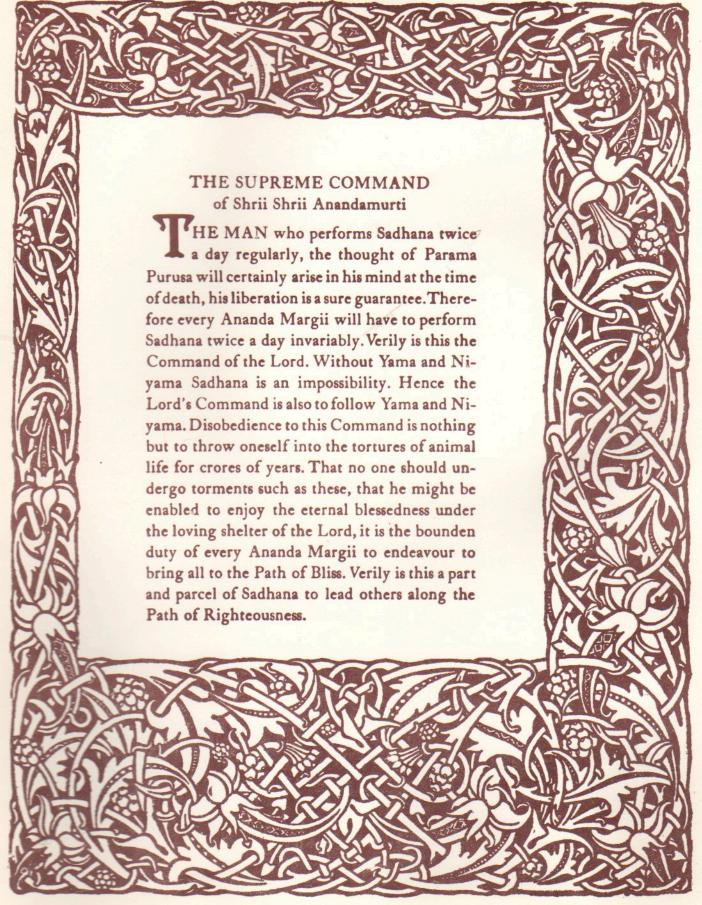


ANANDA MARGA SYDNEY SECTORIAL NEWSLETTER

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Dear brothers and sisters,

We are riding on the crest of a wave, the foremost wave sweeping this planet The Wave of Dharma. But it is a difficult sport and all our attention has to be focused on what we are doing for if we falter we fall back and it is ever so difficult to catch up with the crest again. We are not skilled enough to ride barefoot, we need a board, our sixteen points charts, and we have got to keep our feet firmly planted upon it to ride this wave. Most important we have always to keep our goal in sight, the shores of Sadvipra Samaj. Have complete confidence in your capabilities, and you can do anything--- anything! EVEN TAKE BABA OUT OF JAIL

Namaskar

The editor



He Sufers

He suffers, He has taken your sins,
Oh millions and millions, what you think for Him?
He loved you and still loves you.
Through the decaying bones, what you think for Him?
His love flows, through His thin flesh,
His love flows, through His shattered body,
His love flows through His lost health.
Oh His beloveds! Oh His loving children.
How are you silent? Why does not your heart burst
In His remembrance of love, tell me what you think for Him?
He has given you new life,

He has given you new health.
He has taken your sins and is suffering.
He has taken your burden and is suffering
Oh His beloveds! Oh His loving children

What do you think for Him?

Tell me what do you think for Him?
Does it satisfy you saying that He is God,
Does it keep you silent, saying that He is almight
Does it suit you simply saying that

This is His liila', This is His play
His pitiable condition! His pathetic health!
How you get sleep? How are you at rest?

Oh His loving beloveds! Oh His loving children!
Tell me what you return in His love past,
Tell me what you return for His sacrifice.
Tell me what you think for the suffering
He has taken yours and is suffering your dear
How are you silent? His beloveds tell me now?
Don't you want to see Him healthy? Tell me now?

How are you silent? His beloveds tell me now Don't you want to see Him healthy? Tell me n Don't you want to see Him smiling again? Don't you want to see Him happy again? Don't you want to see Him cheerful again? Don't you want to see Anandamurti again? Then come on all His beloveds now And if you have a little love for Him! And if you have a little sympathy for Him now Then come on all His children here now

All take here a vow, All take here a vow.

I will give my life for Him. All take here a vow.

All take this vow, all come here now.
I will take Him out, after even giving life,
In token of His love. I will sacrifice now,
Oh loving children now! Take this pious vow
Say to Thee I bow, say to Thee Oh loving Baba I bow

Say, Oh Baba! I have tolerated much! Say, Oh Baba! I have kept mum much! Say, Oh Baba! I gave kept quiet much! Say Oh Baba! I have shed tears much!

Oh Baba! now grace me to fight for you
Oh Baba! now grace me to take out you
Oh Baba! now grace me to lose my life for you
Oh Baba! now grace me to sacrifice for you

Oh Baba! grace me so that the world may see. Mightiests children are mighty one Oh Baba! Take my vanity of unit one And let your might work through me to make,

Enemies down, To make enemies down, Grace me Baba! the fighting race must I win.





AC. SHIVANANDA AVT.

Indira Gandhi - A World Criminal

Keeping Anandamurti, founder head of Ananda Marga in jail is a crime



It is well known to the world that Indira Gandhi, the Frime Minister of India is completely in the hands of the Russian Communists. K.G.B. is the guidance giver to Indira, who has made herself a tyrannical dictator in India. One proof, or a glaring example I put forth hereto show Russian dictation to Indira, is that when the National Confidential Camp of Indian Congress was held in Orissa in 1974-75, the top staff of Russian intelligence (K.G.B.) visited the camp. The general congress people were surprised to see them and this was criticised by the congress members. But before Indira who was there to speak, they were silenced. The congress leaders told, "this is our Congressmen Camp, which is confidential to chalk out plans, how to make the Congress successful, which is becoming unpopular in the country." They said, "There is no record in Congress history in India when diplomats of any other country would dare to attend and advise congress people." So the K.G.B. staff attended the meeting of the top Congress leaders in Orissa. The K.G.B. staff gave many suggestions, the main among them was to finish Ananda Marga, kill Ananda Marga workers, to harrass and jail Ananda Margiis. The second

was to finish opposition parties. And the

result of this advice of K.G.B. resulted in ban of Ananda Marga and other organisations, the well wishers of the country.

Why Russian Communists are after Ananda Marga? Human beings have three bodies, viz. physical, mental and spiritual. Communism aims at only physical enjoyment. Marx had no knowledge of spiritual body and propeutilisation of spiritual property for the welfare of humanity.

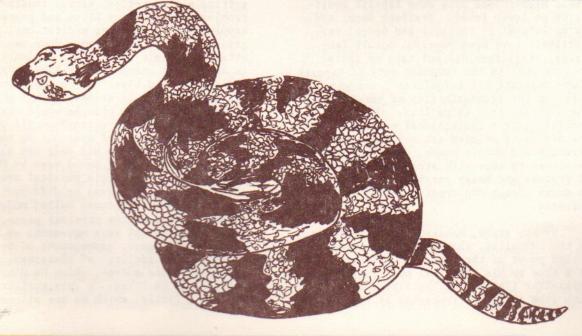
Lord Shrii Shrii Anandamurtiji has propounded Ananda Marga and by experiments by millions of demonstrations and thousands it is now proved that every human being possess a spiritual body and that by meditation, that spiritual body can be realised and the utilisation will be development of conscious ness for the welfare of individual and society. The meditational aspects gives physic al fitness, mental strength and due to this development of mental faculties and spiritual realisations culminating in peace and happiness, which everybody likes. So when people adopt in mass Ananda Marga cult of spiritual science, they don't like Communism. Secondly, Ananda Marga meditation makes people, sobre, kind, considerate, mil soft-hearted and therefore we see, where there is Ananda Marga the Ananda Margiis are sympathetic to human suffering and they do social service in general and special areas when there is any natural calamity anywhere.

Communism eats the human good qualities as kindness, sympathy and makes them brutes aiming at fights and killings. Communism keeps people in the iron curtain under barbarous dictatorship and does not allow indivuals to develop their personal mental staming in any sphere thus stunting the mental growt of human beings. So there is no way out to remove mental tension, frustration, mental

fatigue, in communism. Where as Ananda Marga gives fullest scope for the development of human personality by adopting Ananda Marga science of spiritual cult based on Tantra (highest developed spiritual science) and at the same time gives a best social order on the basis of humanity removing all differences of caste, creed, colour, communalism; religious differences, differences of political or social philosophies and provides an universal outlook with the idea of an undivided human society creating one single universal human society called Vishva Ananda Parivar (Universal Blissful Family). This idea has become an eye sore to the communists, they can't provide the above Psycho-spiritual food to the human society. They have realised if Ananda Marga develops, communism will be eliminated from this earth. Hence, they planned to uproot Ananda Marga from India, where the organisation had its international headquarters, and the propounder was also living there. As Indira Gandhi is a tool in the hands of Russian diplomats, the communists made her a tool to finish Ananda Marga. Already Indian Congress workers due to the growing popularity of Ananda Marga were jealous, because their workers due to their government are enjoying life and have no time to serve the country, and as a result people were becoming angry on the Congress party. And at the same time Ananda Marga workers were doing high order social service at the time of need in the mass, gaining the sympathy of the mass. Therefore, the communists and Indian Government planned to first defame

Ananda Marga by conspiracies and fabricated false cases. The workers along with the organisational head, Shrii Shrii Anandamurti were implicated in false murder cases and false character assassination propaganda was advertised in government purchased papers in order to misguide the public. Many workers and propounder Lord Shrii Shrii Anandamurtiji were put to jail. This is a communist technique or stunt to defame spiritual organisations in order to root them out. The Indian Government to root out Ananda Marga, by killing workers, by instigating the aboriginals through Government officers and money. In the cases it was proved that the officers instigated the people to kill Ananda Marga workers and some of the government officers involved in the cases were given rigorous imprisonment and punishments by the courts along with local aboriginals, who are very simple, who may be misguided very easily due to simplicity and devoid of knowledge and education.

Anandamurtiji was poisoned in the jail by the Indian government doctor especially deputed for the purpose, in pretention of administering medicine. Still the Lord could save Himself for the safety, service, help and love of humanity at large for whom has been His great Advent. After adopting different devices, when the Indian government still could not defame or make Ananda Marga unpopular with the masses, it became fearful because of it's own weakness of a non service attitude and banned Ananda Marga



along with other many social, political organisations.

Now I would to bring into the lime light that the people of the world are at a great loss due to the imprisonment of Lord Shrii Shrii Anandamurtiji and that the actions of Indira Gandhi are criminal actions.

I am a human being who can't explain about the activities of the Lord, still, by His grace I will try to say something about the Advent of Lord Shrii Shrii Anandamurtiji for the welfare of the universe. The almighty all knowing all pervading Cosmic Consciousness has taken the human form in the form of Lord Shrii Shrii Anandamurtiji, for establishment of righteousness. What so ever I am going to let people of this world know is based on my personal experiences with the Lord when He graced me to get His physical darshan (presence) personal, and in general darshan, in Dharma Maha Cakras (great spiritual congregations) in which 40-50 thousands selected strong moralists and spiritual practioners only could attend on recommendations of Acaryas (spiritual teachers), secondly on the basis of His grace and blessings in the form of experience of general Ananda Marga spiritual meditational practice and special Tantric (kapalik) meditation, which has been given to a few selected practitioners due to its serious and difficult practice. It may not be surprising if I say that in the 19th and 20th century Ramakrishna Param Hansa and Swami Nigamananda have done Kapalik meditation on lower level. Trailang Swami and Ba'ma'ks'epa' in Varanasi and Bengal respectively have been powerful occult Tantriks, still they did not take up social service what is the foremost duty of Kapalik.k. "Dam- palayati iti Ka'palikat", one who takes up the responsibility of service of the universe is a ka'pa'lika. Due to special Tantrik meditational processes, the aspirants develop extraordinary mental strength and occult power, different mental faculties to cope with strenous meditational process and heavy service responsibility to human beings and created beings in the universe.

By His grace, Mahakaul (who can rouse up the kundalini, shakti the serpentine coiled power of thousands and millions at a time by His spiritual power), The Tantrikashvar (The God of Tantriks), the Sadguru (the spiritual Preceptor of the highest

order) under His lotus feet I have done meditation for twenty years.

Here in a few lines I will try to explain the welfare of human beings which has been for millions and millions of people in the different countries of the world.

Baba, Lord Anandamurtiji was giving His Holy physical presence in two biggest Dharma Maha Cakras (spiritual congregation) one celebration of 1st day in January and another on His birthday on Baisaklii Purnima' mostly in May or June, every year in which about fifty thousand selected moralists and spiritual practitioners partake. What's the benefit of the above D.M.C. (spiritual congregation)? First is where large number of people join together and do meditation, there a speedy progress in meditation. Secondly when people of different parts of the world meet together on the platform of spirituality, they forget practically, the feeling of language, district, counties, states, countries or nation. They have only one feeling, one Supreme Father, God, and all are of one family, divine family and develop universal outlook, which helps human beings to be very near as relatives and removes differences on physical and mental plane. Last and best is finding Holy darshan (pious physical presence) of Sadguru, the Divine Preceptor. Baba's physical presence was creating an enormous spiritual wave and the disciples present would enjoy the spiritual ecstacy forgetting all anxieties, mental tension, problems, would enjoy bliss and peace and happiness. Those whose meditational progress was slow, or had gone down due to the attack of cosmic force would suddenly elevate to any height unexpected by Baba's Preceptor's grace and blessings in the form of His holy darshan (presence). This physical presence would help when he would cast His spiritual vision (by gazing) on all present and by pious spiritual speech. By the help of light wave through His Holy eye sights, through the medium of sound wave by His Holy talks, by His whole physical presence, creating spiritual waves by different spiritual subtle postures called mudras not understandable on the physical plane. Gestures in different ways movements of hands, palms, and fingers, expressions of feelings on faces, the feelings of blessings, graces, welfares create mudras, which He Himself can explain, if He likes. A spiritualist can explain a little, which He has allowed

them to see, understand, visualise on high spiritual plane by His grace. So nobody can explain what God in the form of Baba, Lord Anandamurti does the welfare of human beings by His Holy presence in D.M.C. General Darshan and Personal Contact. go in deep Samadhis of different types, mostly all go in Bha'va Samadhi (in the state of cosmic ideational feeling) in His presence. Many have different unexpected spiritual experiences (Anubhutiis). Many whose different lessons were not correct or there was no progress, automatically they are established in the result of those lessons. The defects of glands, nerves, flesh, blood and other materials of body are corrected, curing uncurable diseases fully in many cases and partially in thousands and thousands. Where asanas, pranayama, medicines, food restrictions have failed, special manufactures of medicines on psycho-spiritual planes and showering and entering in the bodies, on affected parts of the diseased, which a few blessed persons can see if He graces one to see, but the results, during diseases in thousands can be seen and heard from them. Those who attend D.M.C. get new lives, you ask those millions, those millions of lucky blessed ones who have attended D.M.C.'s for years together from 1954-71. Thousands and thousands developed mental faculties by finding His Holy touch, by Holy darshan, by personal contact in D.M.C.'s general darshan (usual daily holy presence of Baba in Jagrtis or Ashrams). Many became good poets, good writers, good orators, good researchers, and other mental, intellectual faculties developed in thousands, who were most ordinary men. All these developed by His grace by giving Holy darshan, by vision, by touch. I have seen many who came out from General darshan, Personal contact and D.M.C. and immediately developing such faculties. A person before D.M.C. or Personal contact and General darshan had not such faculties as mentioned above and suddenly by His Holy darshan developed these faculties. I have not seen any person on this earth who can immediately within minutes change an ordinary man into a poet, writer, singer with melodious voice, a speaker with attractive language becoming orators, etc. etc. These have been seen on intellectual plane. On the spiritual plane where samadhis are highly described, difficult things have been possible to thousands in D.M.C.'s, general darshans and personal contacts of Baba. Baba has graced thousands reaching different Samadhis by His touch and holy gazing. Hearing of

Cosmic sound "Omkaradhvani" have been usual thing. Hearing of this cosmic sound on cosmic level in higher mental chamber is really a very big thing and then they say, chanting or singing omkar by oral mouth is necessary. They enjoy the cosmic song in mind, the omkar dhvani, the blowing of the cosmic flute. Thousands and thousands have realised these cosmic realisations and samadhis before His Holy presence.

So millions and millions throughout this world who would have been benefited by good health, developing different mental faculties, and higher spiritual realisation as described above have been deprived of the same since June 1971, since He has been mercilessly put into Patna, Indian prison without granting bail, without proving any case. If we calculate in mathematical human level calculation then a minimum of ten to eleven millions of people have been deprived of the benifits described above, because of Baba's absence, no D.M.C.'s no general, no personal contact facilities could be made available to people of the world. Secondly He was given poison in the jail by the jail doctor under instructions of Indira Gandhi, but due to His spiritual power He could save Himself to love the people of the world. As a protest of this poisoning He started fasting against the Indian Government so that they may hold a judicial commiss-ion for enquiry He is still continuing His fasting with one glass of Horlicks a day. Since three years. No human being can exist with one glass of horlicks a day for more than three years. He has shrunk to a skeleton, flesh has dried and bones have been unexpectedly thin. Anybody who will see Him will weep, they can't stand before Him seeing Him in that condition. The poisoning has been proved by a high grade unofficial judicial enquiry, consisting of one ex-law minister of India and one ex-judge of Calcutta High court. Indira did not allow any commission to sit as the poisoning would have been proved.

This fast for more than three years only proves His superhuman existence.

Thousands of educational institutions, schools, colleges, and other benevolent institutions, as hospitals, orphanages, relief centres, have been closed by Indira Gandhi throughout all the districts, P.S. and states of India, depriving people of getting the facilities of health, food, education

etc. So all these actions prove that Indira is a world criminal, who has kept God in jail and torturing Him and deprived millions and millions to get the facilities of new lives, development of mental faculties and spiritual evolution, to create this world a heaven with gentle persons, with kind and sympathetic persons, the qualities developing in persons by simply having Baba's darshan. People of the world should bring suitable criminal case against Indira Gandhi in a world court of justice.

If nobody hears me, I can only warn people of the world, that don't think that Baba is an ordinary man lying under the four walls of prison. I put my head under His Holy lotus feet and declare that as kind God, Baba, Lord Anandamurti is silent. But justice will be done by the cosmic force, by elements, rain, floods, droughts, storms, earthquakes, epidemics, wars and battles in the fury of the prakrti, if we human beings, pious, righteous, dharmik people tolerate this injustice.

I tell you there are thousands of proofs of His Divine Advent. He is almighty. Thousands and thousands have seen His occult powers, control over rain, wind, luminous factor, on elements for years together.
People may ask me why nothing is happening against Indian Government, from the side of cosmic force? I will say it is happening in a sample form, people have no eyes to see. Earthquakes in Patna where He is placed in jail and at different places in India, extraordinary floods throughout India especially in Patna, Bihar which Patna has never seen, submergence of mine area at Dhanbad (Bihar), opposition of the political parties on human level are the proofs of the fury of cosmic force against Indian Government and the injustice tolerated by the Indians.

I warn, on behalf of cosmic force, the people of the whole world, if you also tolerate this injustice the whole world will be punished by the cosmic force severely, then there will be no chance to request the Lord for our safety, because of prakrti comes in disastrous fury, it can't be checked. So Oh human beings! Oh righteous persons, Oh religious people, Oh believers of God, we have still time to take proper and just steps against injustice to please the cosmic force of prakrti.

Declaration of Lord's son.

the Sword

You took me Lord quite unexpectedly
You Graced me with Your smile
Before me sat Your worker
And You gave me lesson six.

You wrker spoke quite gently
And auto Your eyes we gazed
He do me do more sadhana
And alone with You I stayed.

From ages past a sword appeared
And You placed it in my hands
Stained with blood from battles fought
And knightly deeds fulfilled.

Its shining hilt and shining blade
Brought victory on battle fields
And honour to the bearer
For the villians he maimed or killed.

In the ancient code of chivalry In the ancient art of war Men strove to achieve heroic deeds And die for a goodly cause.

But ages come and ages go Still mans heart remains unfilled He needs to strive for Supreme ideals For God and humanities gain

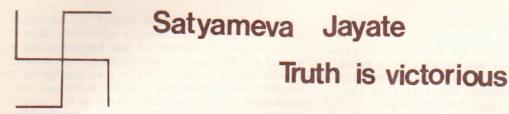
The sword of Light
The sword of Truth
Guides humanity ever onward
Toward individual perfection
To new heights as yet unwon

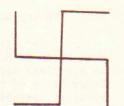
Your Ideology Lord Has now become that sword The bearer of light and Truth and Hope And humanities salvation

Jayanta Kumar









Dear brothers and sisters,

Like all other organizations, A'nanda Ma'rga has been undergoing several changes in the different phases that any organization has to undergo normally. In a span of about twenty years, from its infancy stage to the present time, A'nanda Ma'rga has been attracting several thousands of sa'dhakas (spiritual aspirants) and has been contributing to the progressive growth of society in various spheres. Shrii Shrii A'nandamu'rtijii, the great Philosopher, has given the most sublime philosophy and practical way of life which undoubtedly has touched many great minds in the world.

The growth of the Organization underwent a transitional phase when some of its opponents decided to tak concrete action against it --- this led to the defection of some members who were won by the opposing force. Such opposition didn't stop there (most probably owing to the fact that the A'nanda Ma'rga continued its spiral growth in spite of hindrances that it had to encounter) and the immoral forces resorted to repression, and finally, to supression. Due to these, not only the followers and practitioners of A'nanda Ma'rga were put into inhuman tortures but also the great Master A'nandamu'rtijii was arrested and has been in jail for more than 4 years now. Unspeakable barbaric acts have been committed against the said great Master even while He was already detained in jail but the height of them were the various attempts to end His life, such as the administration of poison.

The stages that the Organization has to face, are, in my opinion, about to end, and the culminating point will be the day of the pronouncement of judgment on the case of Ma'rga Guru.

The points in consideration, therefore, are as follows: If the pronouncement goes against our favour, how should we tackle it? We should remember that since the judiciary in India is committed right from the supercession of judges of Supreme Court till the recent transfers of judges in the high courts, there

is actually no judiciary existing in India as a separate branch of democracy at the moment. Rather, the Indian judiciary is a part of the controlling so-called parliamentary democracy. Therefore, we cannot and should not anticipate really that justice will be meted in our case.

Is it in any way going to affect our faith in our Dharma Guru should the court case be decided against us? We should bear in mind that we were not introduced to our Guru through politics nor the parliamentary democracy, so, why and how can the biased judgment affect our faith in our Guru?

Every possible step will be taken by the opposing party to distort the news and by twisting it to their favour, they like to shake our faith. Owing to the present state of emergency in India, control of and censorship of news are handled by the executives, thus, giving no scope for our side to appear before the masses. Therefore, I personally caution all my brothers and sisters who are meditating and working tirelessly day and night for Him in the different portions of this globe, to be careful and not to be swept away nor overwhelmed by the news that the elites in the Indian newspapers and its agents abroad may propagate after the judgment of the session court. The trial is still being continued and may be decided, in my opinion, by the last quarter of the year 1976.

Our relation with the Lord A'mandamu'rtiji is not that of a Father-Son/Daughter relationship only; it is also that of a Guru-disciple's based on the most sublime philosophy and understanding of life springing from our spiritual realization. He may behave in the manner that He likes. If He so wishes, He may behave as Rama of Treta Age; or as Krs'n'a of Dwapar Age. He may behave as an ordinary citizen and get beaten by a weak enemy for a moment, to show that He doesn't have any spiritual power - This is all His whim. He may show His defeat before Duryodhana. He may appear swallowing soil before He meets and gets beaten by Ma Yashoda --- but if He so wishes only, He may also show this entire created Universe inside His mouth to His mother. We cannot command Him for

this. He may act as He pleases.

He's great as He has proved to be great He's great as His ideas are great. He's great as His plans are great. Plans that emancipate every being of this created Universe from the physical, psychic and spiritual bondages. Such great person as He is, is being charged of murder and violence. He, who is the embodiment of Satya and Ahim'sa as per scriptures:

AHIM'SA' PRATIS'T'HAYAM' TAT SAINNIDHAO VAERATYAGAH.

The purport of the same is: Before a person who is established in the practice of the principle of Ahim'sa (non-injury), even beings of inimical nature and behaviour forget their enmity. How can one, who has prescribed the code of conduct for His sons and daughters to do Bhu'ta Yajina' (to take care of the botanical and animal beings since they are dependent on the mercy of the advanced beings of the present time), be charged of violence and murder? This is an impossibility which should not be entertained at all the clarity of this is very obvious to those who observe and adhere to the code of conduct and morality that Shrii Shrii A'nandamu'rtijii has propounded.

We know Master A'nandamu'tijii. In Him, we find the culmination of Lord Buddha's compassion; Mahaviira's tolerance in Ahim'sa and Lord Christ's love and feeling for the suffering humanity. The world has every right to understand or mis-understand Him since they know or might know one aspect of His life. But we, being closely associeated know Him so intimately.

History repeats itself --- we boast now to be so scientifically advanced, and technologically developed but in brutality w are also likewise. We condemned the Roman Empire that crucified Christ; we condemned to people that exiled the Prophet Muhammad we condemned the system that fired bullets at Abraham Lincoln, John F. Kennedy and Martin Luther King Jr but we are committing the sablunders even now. In the past, there has always been two forces working in the lifeti of every great man - this is what is happening in the case of Lord A'nandamu'rtijii's, too The Ma'rgiis know Him as Ba'ba' (Beloved, Father) but the negative forces know Him as Yama Raja - Lord of Death. The point of decision comes when the game is over, since SATYAMEVA JAYATE - Truth is victorious. We study history but we never take lessons from history. We have never allowed a great man to work peacefully in his lifetime, but when he takes his leave, big monuments are erecte churches are constructed, statues are instal huge gatherings are arranged, poetry is composed to recollect his memory.

We love Him as He is our Ba'ba' and thus, our stand will not be affected even is is convicted. My brothers and sisters, sind the judiciary in India is not a separate braas it was before 12th June 1975 and judgment is not in our hands, the negative forces are bent on crushing us; therefore, we should neforget it and prepare ourselves to counteract if such things happen.

With love and regards ...

Affectionately yours, Da'da' Rnanda

DO ALL WITH ME

You will have wonderful surges forward. Then there must be a time of consolidating before the next forward surge.

Accept this as part of the process and never become downhearted.

You cannot remain on the mountain top all the time.

Contrast is good for you. Never go back but always a little forward.

This is a time of rejoicing. Expect the best and bring it about.

See Me in everything, in everyone. Let your awareness of Me be acute, your love for Me growing day by day.

I tell you that tremendous things are happening at this time. Nothing is static.

Do all with Me.

From God Spoke To Me - Elixir

My Lord, you came and sat by me, at the steps of my soul.

You smiled; your eyes full of light thy hands held joy i could feel (in my heart) for the first time that you are complete the universe is whole emmersed within; your soul.

Many times you have picked me up, again one other chance the days still turn to night the sun, moon and stars shine only to grab thee to say i am yours, you are mine

My Lord,
you carry the burden of humanity
you seek to love us all
how can i sit here and know
not that you feel pain?
why am i so blind to your call
if i don't listen attentively
and obediently ---

i fall.

How can we be so cruel to you how can i thrust my senses inwardly, that i may not become a slave to them, i only wish to become your slave no inner, no outer, but only one and that is of your Sof

Softly as the candle burns in the wind, your voice whispers of sweetness and sometimes harshness, only to see thee more clearly, your love manifesting within me

You were administered poison!
how long do i have to wait
only then realize it's too late
DON'T WAIT!!

infinite consciousness.

Your body, lying in jail after fasting more than three years!

My Lord, thou art frail? your eyes cannot see your ears cannot hear your limbs cannot move Oh! listen humanity to HIS call! am i blind, that i cannot see am i deaf, that i cannot hear am i limbless, that i cannot act?

Allow my thoughts of you yield comfort, give me some of your burden, that i too may share, for you and i are together in action spirit and welfare.

You pick me up as i were
a new born babe,
my mind swims in your Grace alone,
an ocean of milk, of whiteness
of purity
You place me down gently
for we have work to be done

My Lord, you came and sat by me at the steps of my soul.

- Asiim



Your Mission In Life

Man cannot propagate his ideology by his knowledge, intellect or social status. He can do it only through conduct. Conduct gets purified by intuitional practices. It does not necessarily mean that he should come from a so-called high family, or that he should have higher studies. Rather, these factors may create false vanity in his mind which ultimately may stand in the way of reforming his conduct.

In this universe of ours, two forces are working side by side -- the sentient and the static. Sometimes the sentient prevails, and at other times, the static dominates. There is no scope for pact among these forces. Man will have to march ahead amidst the ceaseless struggle of these opposite forces. In the society, we see on one hand, the crowd of anti-social elements and on the other hand, a sense of frustration among the Moralists. These Moralists have therefore grown a tendency to go out of the society. With more of wealth and strength, the antisocial elements are in the advantageous position. The Moralists appear to be culprits. This state of affairs is neither desirable nor behoving. This should not be allowed to stay long. Your duty will be to unite the Moralists. Let there be two camps. Let there be an open fight. The united strength of five Moralists is much more than the united strength of a hundred immoralists because there is an unholy alliance among the latter. Meditation within closed doors will not suffice. Gather strength by intuitional practices and unite yourselves against the immoralists.

SO YOUR DUTY IS THREE-FOLD

Your first duty is to observe morality and to do intuitional practices. Without this, you cannot have mental determination. Your next duty is to unite the Moralists, otherwise, Dharma will not endure. The exploited mass will not be able to observe yama and niyama, the cardinal moral principles, if they will fight with a disgusted mood. It is therefore necessary to unite the moralists. This will be your

real dharma. You will become great by the for the ideation of the great makes man great. At the third stage, you have to mercilessly fight against any sin wheneve it has habitated in this world. You will have to propagate this mission from door to door. Any political party or so-calle religious institution cannot bring salvation. For this will not be able to bring the sinner to submission. Today, the necessity of arms is more than the drums and cymbals if the onslaughts of the immoraliate to be curbed.

It is not possible to fight against the sin so long as there is some weakness in your mind. In this fight, your goal is not the sin nor the sinner. Your goal is the SUPREME CONSCIOUSNESS and anything the comes on the way has to be removed mercile sly. When cloud collects around the polestar and covers it, it is your duty to remove the cloud and follow the polestar without carring to see where the cloud has gone if you always think of your enemy your mind will adopt the thought qualities of your thought object. If the Supreme Being is your goal, your mind will be metamorphosed into the SUPREME BEING itself.

Remember: You have to serve humanity You have to dedicate yourself to the cause of man as a whole. Your life is valuable your time is all the more valuable. You should not waste a single moment. The task is glorious. The task is novel. Let the life of a warrior and constantly fight against evils. You will be victorious.

- Shrii Shrii Anandamurti



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IN PROTEST....

Acting

MINISTER FOR FOREIGN AFFAIRS

CANBERRA

29th June 1976

Dear Senator,

I refer to your letter of 25 May 1976 addressed to the Minister for Foreign Affairs concerning the imprisonment and alleged torture of Mr P.R. Sarkar (known as Anandamurtijii) who has been in Patna Gaol. India, for the last four years. The following background information may be helpful in indicating how Indian judicial processes have worked in ensuring justice for Mr Sarkar.

Mr Prabhat Ranjan Sarkar was arrested at Patna in Bihar on 29 December 1971 together with four other persons. They were accused of criminal conspiracy and the murder of several defectors from the Ananda Marga. After completion of investigations. the charges were filed in the court of the Special Magistrate. Patna, on 5 May 1972. The charges were found to be prima facie true, and all five were committed on 22 November 1972 to the Court of Sessions to stand trial.

Mr Sarkar applied for bail but it was rejected by the lower court. He then applied for bail to the Patna High Court but it was again refused. He proceeded to apply to the Indian Supreme Court for bail under Article 136 of the Indian Constitution (giving the right to appeal to the Supreme Court) but the application was rejected on 30 April 1973. He then went back to the Patna High Court asking it to quash the orders of the Court of the Special Magistrate. The High Court admitted his application and directed that further proceedings be stayed pending disposal of Mr Sarkar's application. Following the rejection of Mr Sarkar's application various petitions were then submitted connected with facilities in prison (such as a personal attendant).

The hearing of the case against Mr Sarkar resumed in Patna on 24 March 1976. It was adjourned on 9 April and resumed again on 3 May. The trial has been interrupted with frequent petitions from defense counsel over matters such as the right for Mr Sarkar to receive money from overseas (not normally permitted) to meet his legal expenses. It has been stated by the Indian Home Ministry that Mr Sarkar himself has

tried to delay his own trial for one reason or another, for example, by getting a stayingorder or pleading ill-health through his self-imposed fast from solid food.

Following the declaration of a State of Emergency in India on 26 June 1975, the Ananda Marg was proscribed. In November 1975 some twelve members of the organisation were charged with the assassination of the former Railways Minister, L.N. Misra in January 1975. The charge sheet stated that those followers of P.R. Sarkar had conspired to secure his release from gaol by a campaign of terror and through assassination of important persons in the Government. The Ananda Marg has also been accused of the attempted assassination of the Chief Justice of India.

The Australian High Commission in New Delhi has advised that it is not practicable to verify whether Mr Sarkar has been tortured. The possibility that he may have been roughly treated cannot be excluded but there is no firm evidence one way or the other. The High Commission has been asked to keep the matter under review and to advise any further significant development.

The matter of Mr Sarkar's arrest is an internal affair for the Government of India and, as you will recognise, it would not be ap appropriate for the Australian Government to question the Indian Government's reasons for detaining Mr Sarkar or the respect for human rights which their legal processes entail.

Yours sincerely
(ROBERT COTTON)

Senator the Hon. K.S. Wriedt, Leader of the Opposition in the Senate, Parliament House, CANBERRA. A.C.T. 2600

> Ananda Marga, 9 Queen Street. NEWTOWN N.S.W. 2024

To: The Acting Minister for Foreign Affairs, The Hon. Senator Robert Cotton

Dear Senator,

I am in receipt of a copy of your letter of 29th June 1976, to Senator Ken Wreidt concerning the fate of Mr P.R. Sarkar (Shrii Shrii Anandamurtijii) at the hands of the Indian authorities. I am taking the opportunity to reply to your letter, as Senator Wreidt was representing on my behalf.

It is quite understandable that the High Commission in New Delhi can only obtain it's data from the Indian Government. The Indian Press is also, as you must well know, under full government control. However, I am amazed that you should actively take up and support the Indian Government's propaganda against this innocent man. Allow me to point out several misrepresentations of fact and substance in your letter.

Firstly, the case against Mr. Sarkar resumed in December 1975, and not March 1976, as stated. You spend a long 3rd paragraph trying to establish that Mr. Sarkar has actually caused the long delays in His trial, with no better reasons than His applications for bail. Finally, in the 5th paragraph, you concede that it is merely the Indian Home Minister's statement that the above is the case. Actually, Mr Sarkar has been pressing for an early conclusion to His case. Do you think it was to His advantage to delay His trial past the time of the "state of emergency" declaration, so the Indian government could gain complete control over the courts? It cannot be said that these dictatorial moves were unforeseen in India. Actually, the Government has been delaying this trial, as the prosecutions case is so weak.

Your statement regarding the committal proceedings can be much clarified. You say "The charges were found to be prima facie true". In actual fact, the magistrate had said his responsibility was "to send the case to trial if there was any probability of the crime actually having been committed". He further stated that there were a number of discrepancies in Madhavananda's (the approver) evidence, which cast doubt on the prosecution case as a whole. As pointed out by an independent witness (Mr. W.T. Wells -British Q.C.) - "the prosecution case rests solely on the evidence of Madhavananda, and the many other witnesses are merely corroborative on points of detail". Madhavananda is a self-confessed murderer who has been granted a pardon specifically to testify against Mr. Sarkar. Mr. Wells again comments 'Madhavananda gives his evidence, until he r encounters an unexpected question in crossexamination, in a manner that appears to be carefully rehearsed".

Are you aware that there is specific mandatory press censorship on all news relating to Mr. Sarkar's trial? That even up now, and despite the many charges the India Government has laid against Ananda Marga and Mr. Sarkar, there has been no conviction (rather several aquittals and denouncement prosecutors)? One would not think this, for all the official statements made by the Indian Government. In a western court of law, a "mistrial" would be called due to sofficial, prejudicial statements. We now fear that the Central Government's total control over the courts of "justice" will lead to Mr. Sarkar's unjust and immoral conviction.

Your letter has omitted the very significant fact that Mr. Sarkar has been liquifasting for over 3 years, largely as a resof a nearly successful murder (poisoning) attempt (on Mr. Sarkar's life) by the jail authorities. You say there is no "firm evidence that He has been even"roughly - handled" - yet we have reams of protest leers (from Mr. Sarkar) and reports of differinquiries (including those from the Calcut High Court and Mr. Wells Q.C.) that substatiate Mr. Sarkar's deplorable condition.

You did not mention that 3 of Mr. Sarkar's followers have self-immolated in acts of extreme frustration at the Indian Governments brutality and injustice. Ever in these cases the Indian Government trict to pin murder charges on members of Ananda Marga. (All these ridiculous charges were later dismissed in court).

Finally, you have disregarded the petition of over 7,600 Australian citizens (tabled in the House of Representatives, 4th) by saying: "It is not appropriate fo the Australian Government to question the Indian Government's reasons for detaining Sarkar or the respect for human rights whi their legal processes entail". Is it the in-appropriate to think of human rights or side of our own narrow, national boundarie Does our concern for human welfare really reach beyond Australia? Or will the Austr ian Government finally show some character and strength of mind in supporting a just and reasonable cause, without fear of offer a debauched status quo?

> Yours sincerely, Govinda Anderson President - Ananda

We march forward
Who shall stop us?
Those who remain behind
cry, they shall cry.
With bleeding feet
Shall we mount our obstacles,
And run forward
In shadow and sun.
But they shall get caught
In their own noose,
And cry, they shall cry.

The Terrible one
Has called us,
Blowing His trumpet,
And over our heads
Resounds the call
Of the mid-day sun.
My mind spreads
Through the sky,
And I am drunk
With the fountain of
light.
But they sit, barring
their doors; their
eyes shall be dazed,
And cry, they shall cry.



The mountains and sea
Shall I conquer.
The lonely path frightens me not,
For He is with me,
But they are giddy
Whirling round their narrow circles
And frightened to cross the threshold.
For cry, they shall cry.

Shiva, the Terrible one, shall arise
Blowing his trumpet
And all bondage burn to ashes,
His ensign shall flutter in the wind
And all doubts vanish.
Churning the sea of death
Shall I seize the elixir of immortality,
While they, clinging to life,
Shall be caught in the coils of death!

- Tagore.







Jaya, Devika and Nagashvari, the three sisters who went to wholetimer training in July.

One who annihilates the physical sin is a Sadvipra. This is your dharma in the mundane world. You are men because you are fighting against the immoral.





Retreat at Hohoe, Volta Region Ghana with Dada Mrgaum Kamaolijii May 1976

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ANANDAPALLI; MASTER UNIT

The winter months at His Master Unit are filled with clear sunny days and crisp frosty mornings. Anandapalli sits high on the northern slope of the Severnlea Valley, an ideal location for the two thousand, two hundred and forty seven fruit trees which have just about all had their seasonal trim by now.

Seeing to the normal requirements of an orchard provides a non-stop schedule, but because this is no ordinary orchard!! the other activities of establishing a Master Unit keep the neighbours ever in amazement.

Anandapalli will be providing shelter and careers for hundreds of people. At present time the long range projects planned are industry and an orphanage and school respectively. But to see these operational the present plan involves a water supply and irrigation system of practical size; an efficient method of waste recycling on a large scale (to be approved of by the health authorities): and industry to maintain and expand these projects. Iishvaraji the 'vice master unit in charge' has been assigned the first two tasks and has commenced supervising construction of the water and irrigation systems. He has presented a design for the waste system compiled from the United Nations Engineering Division of recycling waste on projects throughout the world. The details adapted for Anandapalli will fit its need from a truly technical aspect by those already in operation elsewhere in the planet.

Jiivamitraji has been assigned to make a complete plan of Anandapalli after commissioning a local flying service to do an aerial photo. The map will be drawn to scale showing roads to be built, assigned areas for education, industry, living quarters etc. Each building will be planned out thoroughly with the help of progressive planners who are reputed as practical. The workers quarters plans now being viewed will some day be featured in the 'Practical Building Magazine'

The establishment of a viable industry has been sought for most of the year with Baba leading us to the propagation and processing of herbs. Also we are trying to refine a method of sundrying the fruit after harvested.

While Viveka was in India gathering notes on Ananda Nagar some avadhutas placed in his hand a plan of The Botanical Garden that Baba Himself had assisted in planning. Creating an aesthetic environment (landscaping) is now being approached so that when the bull-dozer is on the property for dam construction, our building and grounds Supervisor has a few tasks for him on his way out. The gardens, as laid out, now include an area for commemoration of each day of Ananda Marga celebrations and the planting of trees on those days. An area is planned for Brahmapriyaji a sister, whose determination isnpired us all and most generous donation made it possible to aquire the site Baba chose as Anandapalli 'The Abode of Bliss'.



CHARLES CHARLES CONTRACTOR CONTRA



on BRISBANE

There is a wave of energy that is sweeping up so many into its flow. This wave is really Baba reclaiming His foundling children. It is helped along by posters placed in sentient shops, those 'chance' meetings with people contacted long ago by other margiis, the street selling of old Dharmas, collecting signatures for the petitions, Didi's talk to a yoga class and the constant contact between the more established and newer margiis.

The yoga class of 15 sisters has been together for about 8 years now. Sister Karuna, who has been taking the class, says that she has always had a Guru, but now, at last, He has a face & body. She is also, with Baba's loving guidance, able to subtly introduce Kiirtan and the Universal Mantra to other classes.

These sisters are also taking an interest in the maintainance of the jagrti - providing furniture etc, so that it becomes a center that anyone can relate to, and we won't have to ask our 60, 70 and 80 year old visitors to sit on the floor.

The jagrti is a popular place with margiis who might pop in for a morning meditation or for an extra Dharmacakra. Also margiis who are travelling to the sunny north call in here. At one time we were having 3

Dharmacakras a week.

All are inspired to teach Baba Nam Kevalam to friends, families and acquaintance met during working hours or while travelling Soon, the new bus adds, paid for by two sist will enable more of our brothers and sisters to find their way home.

In May, 18 were given meditation inst tion and 6 initiated; in June, 28 received be meditation and 15 were initiated.

Two weekend retreats have recently be held at a beach cottage at the Sunshine Coas Both have been introductory retreats covering such material as 16 points, Brahmacakra, Kundalini, Astaunga Yoga and Social Philosophy. About 11 people attended both retreat with the numbers swelling to 17 for one very vibrated Kiirtan in a very small room. Ever one had the opportunity to experience an orgized but flowing life. (All except one time monitor handed in their watches.)

A creative workshop gave form to our inner vision after a half hour's monabrata (silent ideation). The open talks resulted in 13 people learning basic meditation. From this, 1 brother and 2 sisters received initiation which could well be the begining of a natural.

I've been preparing quite some time. And then was BABA'S blessed sign

I've been preparing quite some time, And then was Blessed with BABA;

I'd been preparing quite some time, And then was Blessed with BABA's sign He led me to the Path of Bliss, Which Now I've found I'd never miss.

BABA's love is with the plants, And even little things like ants: There's no doubt in my mind you see, To say that He loves you and me. He's made me so much more aware, This is why I really care, So every effort I shall make To bring all to the path that's great

BABA's gone through so much pain, The actions of some are not sane, So let us work to free our friend; I want to see HIM free again.

HIS Love increases in our hearts So let us make an earnest start, To free our Guru from that place And teach all of HIS Love and Grace.

Nitiish

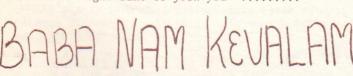
HOW NAGAR KIIRTAN HELPED ME GET MY JOB

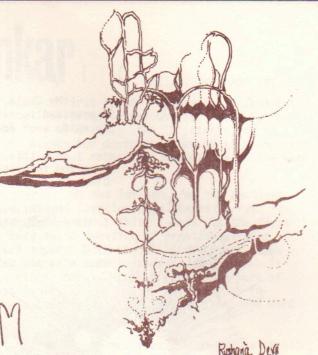
Hey, I saw you dancing in the square," she cried coming up to me waving her arms in the air & gaily swaying from side to side.

"It looked like fun - I was hurrying for my train - you looked so happy - why were you dancing?" The receptionist was all smiles as she danced around me.

"Baba," I ideated. And here comes the boss. "Were you really dancing?" "Well. we were happy, and this chant really makes people happy so we thought we'd make people smile at least and share it with them. (Gulp)"

"Sounds like a nice idea to me - come, lets talk over when you can start and you can tell me some more about what you were doing. I reckon I might like to join you"......





Brring...Brrng... Ah, Good Morning, Rest Room. Hello, have you any room? We've 3 people with us who would like to spend the night there. O.K. We'll bring them over directly. The names Shaw. Mr Shaw Snr. is in the intensive care unit and they've been here eight hours already... Bye.

3.30 am and three sleepless, worried people arrive to spend the rest of the night at the Royal Brisbane Hospital Red Cross Rest Room. Blankets and pillows are sorted out, one other younger lady gives her bed to the old lady. Over cups of tea we talk with them, ideating. BABA's peaceful flow drifts over us, allowing the sick man's relatives to get some sleep.

5.00 am - time to rise for sadhana - but its been a restless night for the new arrivals and so after a wash its necessary to talk, to listen, to sooth until some sleep comes again. So its sadhana and asanas on the kitchen floor, then its 7.30 am - cup of tea, toast and marmalade time for the seven guests. To bad we're fasting.

Regularly, on a Tuesday 10.00 - 9.00 am, 1 or 2 of us spend the night looking after people waiting to hear the outcome of some dangerously ill relative. As an organization we are also on emergency call which means that we can spend up to 3 nights a week at this place.

The Red Cross organizers are especially delighted not only by having young people helping, but to have brothers offering their assistance too.

For all concerned, it is an especially beautiful way to allow BABA to ease the minds of His worried sons and daughters.

Imagine a group of margiis trying to entertain with popular songs, a group of people from a Red Cross Sheltered Workshop. The people there knew more than we did, one man even sang a solo. It amazed us all actually just how many of the songs we could piece together The workshop staff are going to get a song sheet together so that at least we will have the words for our next visit.

Maybe our lack of embarrassment at our own singing ability helped, but everyone was delighted with the "together" feeling. One sister commented on our peaceful vibration and was shown how to use those words - BABA NAM KEVALAM - which we had been singing as a means to meditate.

My Child, it was long ago
I promised to take you by the hand,
To guide your footsteps through this dream.

But this dream dazzles -Have you forgotten, that the one Clear light you seek - is ME?

My Child, I am almost sorry now that
I did create this dream for us to play in.
You play too long and late.
Night has long since fallen.
When will you wake up - ready for the new day?

Sarasvatii Devii

As I approach you through the infinite void of space, The closer I come, the greater I see you are. The further I go, the further I see I have to go How can I ever reach you, as you grow & grow, Confounding my efforts to touch you.

Thus you remind me
That only surrender
Will let you stretch my heart strings
And play on them the sweet echoing tune of truth

I believe you, I know
I'll find you somewhere unexpected
Where you'll reach out and catch me in your arms
And I'll laugh at my foolishness
And remember that it was all a game
And I've been with you all along.

Naciketa Deva

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AUG

Omnkar

by AC. CIDGHANANDA AVT.

sound, but also the composite of all

order. For instance there is a

buying and selling. Inside there

distance the sounds combine

hin the market these sounds are

this way, all the varied souinanimate objects combine to-

sound. This sound in the cos-

'OMN' (AUM) is a word consisting of three letters. First is 'A', second is 'U' and third is 'M'. This part of OMNKAR signifies Saguna Brahma (Qualified Consciousness). The letter 'A' stands for creation which is symbolized by the form of Brahma; the 'U' stands for support which is symbolized by Vishnu; and the 'M' stands for destruction which is symbolized by Mahesh. These three are not different personalities, but rather the expression of the same Purusa-Prakrti in different stages of their activities.

When the sentient force dominates, creation starts. By the influence of the sentient force in the infinite bosom of Consciousness, some part of Consciousness starts to feel its existence. Prior to Prakrti, there was no feeling of 'I-ness'. This 'I-ness' is the first cause off shoot of creation. In Nirguna Brahma there is no question of creation because in that stage Consciousness remains beyond the influence of Prakrti. From the first stage of influence, some sort of vibration starts taking place in Consciousness. Where there is vibration, there is sound, whether audible to the ear or not. There is stir, some part of OMNKAR starts from this point, where Consciousness feels 'I-ness' under the sentient influence of Prakrti. So it is said in the Bible, 'In the beginning was the Word and the Word was with God,' This Word is OMNKAR.

OMNKAR is not only the initial sounds of the entire cosmological market place in which people are are many different sounds. Witdistinguishable, but from a and are heard as HAHAHOHO; in nds produced by animate and gether to make a composite mological order is OMNKAR.

OMNKAR represents Saguna and Nirguna Brahma both. Every thing is within the mind of Sa-Him. So OMNKAR is the thought guna Brahma. Nothing is outside projection expressed in different ways by Cosmic Ego. Hence, OMN-But the 'dot' of OMNKAR is the pre-KAR is within the Cosmic Mind. 'dot' is the symbol of 'Bargra-Sunysence of Nirguna Brahma. This very ita' or 'Mahanirvan' of Buddhist philosophy. It is complete vacuity, but this does not mean nothingness. It is the summum bonam (highest goal). This is the Nirguna Brahma of Vedanta. Nothingness judged from the physical angle of vision is surely there, but that nothingness is the highest substance; it is the condensed Consciousness - Sadchidananda.

The moon like mark of OMNKAR denotes Taraka Brahma - the liberating God. The abode of Taraka Brahma is at the transit point of Saguna and Nirguna Brahma. This is why the moon-help of the five fundamental factors and takes human form, He is Mahasambhuti, i.e. that personality who can give Nirvikalpa Samadhi to any number of people by His grace. Other Gurus or occultists cannot do this job. This is directly in the hands of Taraka Brahma.

In the course of spiritual practice, a sadhaka hears OMNKAR. This OMNKAR is a sure vehicle which can lead one to the highest goal. The sadhaka who can catch OMNKAR has come a long way. By hearing OMNKAR one merges with the Cosmic Soul or Nirguna Brahma. OMNKAR should be heard, it is no use uttering it. Through spiritual practice it is heard. So one space and person. One has simply to be elevated spiritually to hear it. One will hear it only by introvertive scientific spiritual practice. By becoming sentient internally and externally, the greater are one's chances for hearing it. OMNKAR is not myth, but a reality which can be heard by sincerity. On hearing it, one is established in immortality.

1) Do not fear anything or anyone

2) You must so live that people trust you

3) Difficulties can never be greater that your capacity to solve them

Baba

SAIL FOR 7748 WATERS

Did you ever wonder, in the middle of some strange or unpleasant experience, "Why is this happening to me?" Life could be seen as one crisis after another, with little pauses inbetween, and it even seems that since we started walking on the Path of Bliss the pauses got shorter, and sometimes things really seem to fall apart. But later on, looking back, we realize that this "falling apart" was really necessary: You can't build a new house by just patching up the old one. You'll have to bring it down to the bare foundation stones, and often work on those a bit as well. And if the wonder of it all - of this incredible process of reconstruction which we seem to be endlessly undergoing - ever strikes you and leads you to look back at your life, you might see that its like a fantastic jig-saw puzzle and all the pieces are fitting beautifully together. In other words, there were no mistakes: your Destiny was right after all; and the play's not over yet. What's more, the playwright still has a few tricks up His sleeve for you, and there is no way -NO WAY - to get around it. You can't say, "Well, I'll just slip out and join the audience. I'm just a bit-player anyway. No one will notice I've gone." But that's not the case, because YOU'RE THE STAR of this play and the Audience is only the scriptwriter Himself. Of course, you could try to hide backstage if you like, but after a while that curtain will come up too, and there you are in the spotlight again.

Some of us get very bitter about the state of affairs and try to fight it. The only result is a bad taste in the mouth. It doesn't change the pattern of events or bit. Those who catch a hint of what is go on are learning how to enjoy playing their parts and - througha certain technique kno as Meditation - to experience little by 1: BEING THE WITNESS even while dancing aroun on-stage. In other words, they are learn to convert themselves into the Audience wi trying to withdraw from the drama. The ability to do this is called Detachment, a the experience of really being successful

it is called Samadhi.

Does being detached lessen our enjoy of the act itself? Hardly! In fact its juthe opposite: when we are completely bound in the action we can enjoy only the action. but as a "witness-actor" we not only enjoy what we're doing but also see it in the cor of the entire play, and what a blissful experience that is! Its like finally under standing, or should I say, finally remember something terribly important after a long period of not-knowing or forgetfullness. think that is why Baba always reminds us the greatness comes only through action - more specifically, through Detached Action. And He is busy preparing our environments so we can do more and more and become greater and greater. Every step we take under the Mass guidance, leads towards Greatness. This is our Destiny and it is His task to help us achieve it:

"Now, by Sadhana, one is to arouse and raise that sleeping divinity. But for this, one requires divine help, and I know one is sure to get divine help. And I know further that one is getting divine help. And I know still further, that in the future, for infinite time and infinite space, one will be getting this divine favour. And you are all Sadhakas, you will certainly attain that Supreme Stance and enjoy that Divine Blessedness. You are sure to enjoy it, my sons and daughters."

Baba

Well, what more could we ask for?
It turns out the playwright is our own father!

"Wait a minute! What are you hinting at? Who is He? What's happening here?"

The mind races in sham disbelief. But is He really unexpected? The poets have been singing songs of Welcome to Him for the last 3000 years. If you can realize it, if you can feel it even a little, or if you have only cherished the silent hope that it might just be possible, then I can only say: Don't hold back a second more. Be restless to be with Him and be ready to take the path He directs. He will lead you across Time, Space and Person into the Absolute.



"O we can wait no longer,
We too take ship O Soul,
Joyous we too launch out on trackless seas
Fearless for unknown shores on waves of
ecstasy to sail,

Amid the wafting winds (thou pressing me to thee, I thee to me, O Soul), Caroling free our song of God...

Away O Soul! Hoist instantly the anchor Cut the hawsers--haul out--shake out every sail!

Reckless O Soul, exploring, I with thee, and thou with me,

Sail forth, steer for the deep waters only,

For we are bound where mariner has not yet dared to go,

And we will risk the ship, ourselves and all.

0 my brave Soul!

O farther, farther sail!

O daring joy, but safe! Are they not all the seas of God?

O farther, farther, farther sail!"

- Walt Whitman

Much love to all of you on your Great Journey

Tattvika A'mshum'alii Brc.

THE PERFECT SOURCE

There is a story about St. Francis when he was travelling from Perugia to St. Mary of Angels. It was winter and he was suffering severely from the bitter cold. As he walked along the road every so often he would call out to his companion Leo who was walking some distance ahead. He would say things like: "Brother Leo, even though Friar Minor throughout the land are setting a high example of holiness and edification, nevertheless, write down and note well that this is not the source of perfect joy."

So St. Francis continued to discourse on this theme for nearly two miles until brother Leo, in great bewilderment, asked: "Father, I beg of you in God's name, tell me the source of perfect joy!"

St. Francis answered by saying: "When we arrive at St. Mary's of the Angels, soaked with rain, stiff with cold, covered with mud, and exhausted with hunger, and we knock at the door and the porter asks grimly: "Who are you?" and we answer, we are two of your brothers!", and he says: "You are two liars. You are a couple of rogues who wander about deceiving folk and robuing the poor of alms. Be off with you!" And if he refuses to open, and forces us to stand outside all night in the rain and snow, hungry and frozen, then if we bear such illtreatment, abuse and dismissal patiently and calmly, without complaint, humbly and charitably, thinking that the porter recognizes us for what we are, and that God moves him to denounce us, write down, brother Leo, that here is the source of perfect joy!"

Narada Muni

monmon

To many of us this is a very hard the to understand and even if we do understand intellectually how this could be true, still to really feel this fully in our lives is something I feel few of us have achieved. How is it that so many of us don't feel Jo or Bliss in our suffering? Some will say it is because of our ego; well, this is true, but ego is such a broad and ambigious word: it could mean a number of things. I think the answer can be narrowed down to something closer to home, or to something which we all can relate to, which I believe is the root cause of all our suffering and the reason why we are not always feeling the Lord's Blis day and night.

Ba'ba' says: SUKHA' NURAKTIH PARAMA' JAEVIIVRTTI.

Sukham means happiness or pleasure. Nuraktibe means to be coloured according to your inclinations or to hunger for Parama' means supreme or cardinal. Jaevii means of one who is livin Vrtti means instinct, desire or propensity. Therefore, the meaning of the above Sutra is: "The hunger for pleasure is the supreme (cardinal) instinct of the living being." (A.S. 2-2)

What is Sukha or pleasure? That which satisfies your mental colour is pleasure (happiness). Every time we have a thought or desire, our minds take the shape of that desire, or in other words, a vibration is created (i.e. a samskara is formed). Depending on the type of vibration created, with it also is a colour. So now we have a collection of Samskaras lying quiescent in our mind. If we should come in contact with a particular crude object or mind entity whose vibration is complementary and reciprocal to a samskara, then the contact of these two mutually sympathetic waves is what is called happiness (Sukham), See A.S. 2-1;

e.g. a dormant samskara - the waves emanating from the object desired -

When these two mutually sympathetic waves meet, i.e. you fulfil your desire, this happens i.e. the samskara is expressed. (NOTE Ananda Marga meditation is a process of burning up these samskaras or shortening the waves until there is no wave at all - a straight line of Bliss (Samadhi)

the non-meditators mind the meditators mind

Because not only the pleasurable vibrational waves but also all vibrations are ilways changing, (i.e. no wordly object or entity stays the same indefinitely), one can never find permanent happiness from this changing world. The wise person realizing this fact, turns all his energies towards finding something which is unchanging and will give him unlimited happiness. This method of achieving unlimited happiness is called sa'd hana' (intuitional practices), and the thing which can give unlimited happiness and is unchanging, is called Parama Purus'a (Supreme Cosmic Consciousness). Therefore, only by attaining Parama Purus'a will this supreme and cardinal thirst for happiness be quenched.

The Sadhakas (meditators) know that we cannot find permanent peace and happiness in worldly objects, and that only the Infinite Parama Purus'a will give him Bliss, yet still we (including myself) indulge in criticism, lethargy, greed, talkativeness, egoism etc. Still we do not follow Yama and Niyama fully.

The reason being is that we still let this cardinal instinct for happiness be greater than the desire for Parama Purus'a. And the reason why we still are so attached to happiness instead of Parama Purus'a is because it is this happiness (Sukham) which gives us a feeling of growth. It is our ego which experiences and wants the happiness and so by satisfying the ego with happiness you are giving to it growth. Pain or misery is when there is a feeling of this growth being retarded. What we really want is the pervasiveness of happiness (i.e. Bliss) and not the happiness itself.

What is Bliss? "Sukhamanantam a'nandam" i.e. Limitless Happiness is called Bliss.
(A.S. 2-3) And Bliss (Anandam) is Brahma
(Parama Purus'a). Bliss is the subtle line inbetween the two opposites, pleasure and pain. Since it is the ego which experiences these two opposites, it is needed to annihilate or remove the ego to be able to experience Bliss. Where there is Bliss, ego cannot be. Where there is ego, Bliss cannot be. Sa'dhana' is the method of removing the ego and achieving Bliss (Anandam).

Not only does running after happiness keep one away from the All-Blissful Parama Purus'a, but it also endangers one's sense of existence. Because happiness is always temporary, unhappiness invariably follows and so too much unhappiness will result in suicide. (if he is not attached to Parama Purus'a). Suicide is still a way of getting happiness, i.e. from unhappiness to happiness. We can also see the reason for a sadhaka's (Spiritual Aspirant) downfall is in essence this want of happiness.

There are two main reasons why a person will leave the spiritual path. One is that he sees something outside the spiritual path, which he thinks will give him more happiness than what he is already experiencing, so he leaves. The second reason is that the path itself is giving him too much unhappiness and so he leaves. In each case want of happiness was the root cause. The sooner we realize that Parama Purus'a is the only thing worth striving for as it is the only thing which can give us unlimited peace and happiness - Bliss, and the sooner we give up the pusuit of Sukham, the sooner we will attain that Supreme Consciousness, Parama Purus'a.

I have just tried to explain what I think the perfect source of joy is and why one does not experience it. Now let's have a look at the path we must take to attain it.

Ever since mind was created from matter. Due to the continuing influence of Prakrti's (Cosmic Energy) static force on the solid matter, there occurs an internal powdering down of the structure to form mind. (i.e. when the chemical affinity has reached its maximum point and the intermolecular and interatomic space can not be reduced anymore, and the pressure continues unabated.due to Prakrti's static principle, then clash between the internal and external forces leads to pulverisation of matter which forms DNA, RNA and ECTOPLASM and is the base of Citta or crude mind stuff, it has been evolving from the monocellular life to polycellular beings, and thus to higher and higher plants and animals, until it reaches the human body, - man. Although the mind is now in a human body, because it spent its last lives as an animal, the animal instincts (food, sleep, sex and fear) are still dominating him. That is why the majority of people will never be interested in spiritualism - only materialism. Up until becoming man, mind was guided by Prakrti (Nature). When mind did finally reach the human status, it was sufficiently developed to have free will, to progress further up the evolutionary scale to attain his original state - Parama Purus'a, or it can retrogress back to not only animal but to even plant or stone. Then Prakrti will again guide the mind back up to the human level.

What determines one's reincarnation is the thought present at the time of death. This thought is the most predominant of all the thoughts one has had during that particular life. If one thinks of money, for example, more than anything else, then money (being the predominant thought in his life) will be present at the time of death, and so he will reincarnate into a tree and be made into money. If one does the Sa'dhana' of the Great (Paramapurus'a) then since this Sadhana would have the strongest effect on the mind, Parama Purus'a will be on his mind at the time of death, and so he will merge into Him after death. Actually, in philosophy one's reincarnation can be best explained as being due to one's samskaras. A Samskara is the unexpressed reaction to one's action (Karma) which lies quiescent in the mind awaiting the proper time or environment for its expression (Karmaphala) ie., the reaction to one's action in potentiality. After death, the mind is guided by Cosmic Ahamtattva (Cosmic Ego) into another body and environment which is conducive for the further expression of samskaras. That is why some are born rich or poor, wise, crippled or even plants or animals

Aload & TAload

After much psychic clash and after many lives the mind evolves out of the domation of Avidyamaya (crude, static force)

Now the unit starts to be influenced by Viyamaya. (The sentient, spiritual force)
He now begins to realize that there is more life than the mundane enjoyments. He begin to look for some more fulfilling and meaning the which will give him relief from all sing. He now turns to the spiritual path.

Vidyamaya (spiritual force) does besically two things. Firstly it urges us join the correct (spiritual) path. Then on the correct path, Vidyamaya which encour us to merge with Parama Purus'a. At the stime when we take on the influence of Vidy Avidyamaya (crudifying force) tends to oppus. Avidyamaya too does two things. One is to cover up the knowledge of truth, and other is to disturb your path - i.e. give doubts. We see these two, doubt and ignorare very strong in those dominated by Avid

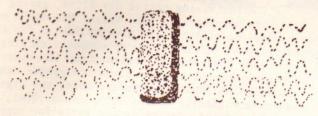
Right up until one reaches perfect Avidyamaya will be trying her best to preve or persuade you from reaching the goal. The wise sadhaka will see even this as a position thing. He will see that the very strength that he will gain from overcoming these observed will be the strength necessary for attaining his goal - Parama Purus'a. One can tell if he is on the correct path if he is having struggle. In fact, struggle is the essence of Dharma (the path of Perfection).

In Tantra there are two types of attitutions can have. The masculine attitude - i.e will fight and be successful by Your force (Grace) flowing through me. The feminine attitude - i.e. Oh Lord, please help me! The man fights and the woman runs away. Tantra the path for men (here men is referring to mental state only). There are three types men: 1) He only contemplates an action but put off by the thought of struggle.

- 2) He contemplates and drops it after encountering the first bit of strugg
- 3) He contemplates and with a firm mass ine determination completes it.

The Tantrika is the 3rd type of man.

This type of spiritual attitude is very important for spiritual victory.



starts on the spiritual path, what usually happens? Your friends and relations call you mad, and a "bit strange", etc. They seem forever to be striving to get you to leave the path. (Avidyamaya at work!) To add to this, your legs hurt, back aches and seem to be un-able to control your mind (not to speak of getting Bliss!) This is the first stage of sadhana called YATAMANA. Here you are trying to withdraw your mind from the world and control your citta (crude mind stuff). This stage seems seems very difficult at first but as you get more established in Yama and Niyama this stage becomes easier to pass. It is here in this stage (YATAMANA) that many leave the path after experiencing their first obstacle or jolt.



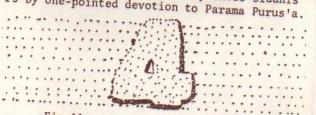
The next stage is called VYATIKARA, and here we begin to experience bliss in our sadhana. By now our thoughts (citta) are becoming under control and we are now directing our energy towards controlling our ego (Ahamtattva). Because the Sadhaka is now established in Yama and Niyama, the external struggle is a lot less (i.e. friends and relatives have stopped bothering you etc. Also you are less attached to mundane enjoyments.), but now the internal struggle of controlling the ego is great. Now that you have gotten over your inferiority complexes you have to now control your superiority complexes. The sadhaka wants to be the medium for everything to happen. He wants name, fame, prestige, position, etc., instead of doing work without attachment to it's it's importance or it's results. The sadhaka should cultivate dignity of labour, not dignity of post or position,

Because the sadhaka now begins to get some Bliss, he naturally feels that he is a bit above the ordinary person. This feeling, although very natural for the sadhaka in the beginning stage of Vyatikara, should not be encouraged or indulged in Especially in the

third stage when the sadhaka acquires some occult powers, this arrogance or feeling of being "above" others is a great obstacle for further spiritual progress. In essence we are all the one and same Consciousness and so only an ignorant and arrogant fool would think he was better or different. The best cure for such an ailment would be to practise the opposite feeling of "I know nothing", or humbleness, openness, etc.

The third stage of sadhana is called EKENDRIYA (EKA = one, and INDRA = organ), i.e. the sadhaka is having control of his lesser instincts and now gains control over one organ. He now develops a siddhi or occult power. The sadhaka may have control of the siddhi, or if by the grace of the Guru, he won't. If one uses his powers for some egotistical reason (e.g. to command respect, devotion or get money, power, etc.), then he is falling into the trap of Avidyamaya and will create extremely bad reactions (samskara) and ultimately be the cause of his own downfall. EKENDRIYA is said to be a very dangerous stage in sadhana because your ego is a very dangerous obstacle. There is a story where a disciple of Ramakrishna had developed the siddhi to illuminate himself and would walk in front of Ramakrisna in the dark, so Ranakrishna could see his way. Ramakrishna soon took this power away from him, saying his ego was getting too big and dangerous.

The only way the sadhaka gets through this stage without being tempted by these siddhis is by one-pointed devotion to Parama Purus'a.



Finally we come to the last stage known as VASHIKARA. It is now relatively easy to overcome Mahattattva (the intuitive mind) and become perfect, ie. your mind merges with Parama Purus'a. Then, after once he finally gets merged into Supreme Consciousness, (i.e. reaches the top most cakra - the Sahasrara), the sudhahe attain

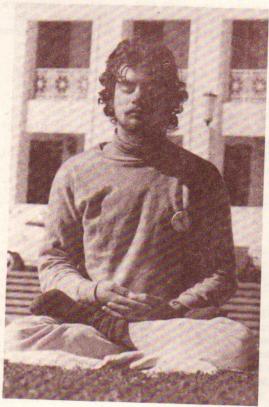
Looking back, even to the creation of the mind, we see that there has always been one factor present when progress or evolution was being made. The factor is struggle or clash. As said before, it is by these clashes, physical and mental, that one's mind expands and develops, taking on higher evolved bodies

which are subtle enough to take the subtle mind, until finally the only entity subtle enough to take it is Supreme Consciousness Himself. He achieves Moks'a or Salvation. The foolish and ignorant tries to avoid these clashes because of his attachment to Sukham (Happiness). He never realizes that it (Happiness in the real sense, Bliss) is contained within himself and not in any wordly object or entity.

The Shiva Sam'hita also says this:

A'TMASTHITAM' SHIVAM' BAHISTHAM' YAH SAMARCAYET HATASTHAM' PINDAMUTSRJYA BHRAMATE JIIVITA'SHAYA.

"He who worships an external entity leaving aside his own consciousness lying covered within himself, is really as unfortunate and misguided as he who moves about in the world in search of food, after throwing away the food in his very hand."



After having tasted His Bliss, giving worldly happiness is very easy. But until a time one will have to give up Sukham for attainment. This giving up of one's cardinating instinct is really Sacrifice, true surrended to give up your happiness only to please His devotion (Bhakti). Before doing any signicant act (really before doing any action) should examine whether or not it is for happiness or for the Supreme. Whether or not it will please the Lord. When your life centraround this ideation, then you begin to expinence His Special Grace.

The perfect source of joy is certainl living to please the Lord. It is easy to so now how St.Francis can suffer so much and so be in perpetual Bliss. He was established this thought of only pleasing the Lord. He was not after happiness.

Moreover, we can get a better understaing of how our beloved Lord, Shrii Shrii Anandamurtiji, can fast for over three year and suffer extreme pain for His Ideology, for Dharma. Not only is He established in Bliss but is the very embodiment of Bliss. His exthought, word and deed is inspired by Parama Purus'a.

Let us too experience the perfect sour of joy and be the pure medium for the Lord. Kicking aside Avidyamaya everytime she tries lure us away from Him and so with His Grace actually realize Him, - become Him. With Him mind, let us sing as the great sages and saints of the past did....

NITYA'XANDAM' PARAMA SUKHADAM' Thou art eternal Bliss, the giver of the supreme happiness, KEVALA'NANDAMURTIM

the only Bliss incarnate.

VISHVA'TIITAM' GAGANASADRSHAM'

Thou art beyond the Universe, resembling the sky.

TAT TVAM ASYA'DI LAKS'AM

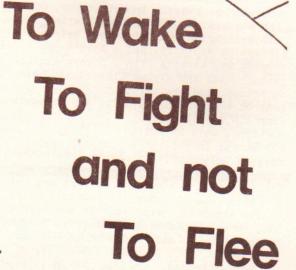
Thou makest me realize: "Thou art THAT!"

BA'BA' NA'M KEVALAM

mmmm

PAGE 28

Through clouds of reverie, Someone spoke to Me, called Himself my Father, me His daughter; Said his Family were wanderers come From some other Land in the Universe. I asked His Whereabouts and He replied He was in Jail, and my brothers with Him Prisoners also. Aghast, I protested, My Father and my brothers are in Jail? In Jail? I was repelled, ashamed He was A Jail-bird and my brothers with Him too. Mind in turmoil, in ignorance I thought We were a bunch of Heaven's Gypsies Cast off because of some crime committed In that Other Land. I rejected Him.



In these Marga days as I reflect, and Awareness dawns amidst the clouds of Sleep, I weep because I now begin to see Who and What my Father and Brothers are. I was Asleep and He is calling Me. I was too Gullible and He taught Me. I was covered in Grime and He washed Me. I was sick and He is still healing Me. And now my Father, I am only half Awake. But I hear Your Clarion Call through The Thunder of this challenging Earth, and The Roar of the Ocean, Your cry of Love To Your Daughters, and Your Sons who are free, To Wake, to Fight, and not to flee from this Great Task, this dread Service that is Ours. We His Family share this Responsibility.

Our Father lies on death's bed in His cell, A willing captive, wretchedly treated, Suffering untold suffering, Suffering Us to do Something quickly for His Sake. He is helping US to break our chains of Sleep. BABA, You Grace us with Your Presence. We must dance with the Swastika in our Soul since, Lord, we have heard Your Call to Arms, And out of Love, You have given us each Sixteen Special Weapons to fight the waves of Darkness and set You free. We must fight, We must wield our Sixteen Points for You, with A vengeance, else fail You as Your Children. We must match Love for Love, show by pauseless Struggle we love His Mission, realise His Undying Fight for DHARMA; then when He sees We are dead earnest in our Love, He will Come out, harrow hell, and break the bonds of earth

ONLY BY HIS GRACE One of HIS Adopted, Amara'

Sectorial Report

July 1 - 15th

WELLINGTON REGION: AJM work continued, with both Wellington and Nelson units contacting their MP's and submitting petitions to them. Nelson collected 1075 signatures, and the Wellington submission was published on radio. In Wellington, OSC and DDC continues, along with one meditation class. Both Wellington and Nelson are helping old folk, as service projects, and a food co-op is developing and working with a forest conservation group. Yama and Niyama classes are being held in Nelson, and the LFT is taking over management of Wholefoods, allowing Abhimanyu to develop A.M.P.S. electronics (business). In

Auckland, work on various publications continues

and pracar largely on a personal level.

Margiis helped with a charity "telephon".

SYDNEY REGION: The Regional UKK was held from 9 - 11th (see UKK) margiis from all units, except Armidale, attended. In Wollongong OSC, DC and explaining Ideology is carried on by the LFT, who also holds DC in Gosford. In Canberra, OSC, DC and introductory DC are all well attended. The food c0-0p is expanding, and the Koomari food run is still going. Articles and advertisements are being published in local and university newspapers, and the LFT is writing for CLS and Sectorial publications. There are plans to work with a psychologist involving use of meditation. North and South Sydney are continuing AJM petitioning and MP contacts. Classes are held at one Prison and two Universities, and AMURT training continues. In North Sydney, the service ideas are expanding from Children's home visits. The unit newsletter was produced, and margiis heldped with school publicity, and general work. Sunrise school was inspected and passed by Government inspector. At South Sydney, Nagar Kiirtan was held before DC. Soup kitchen and meals-on-wheels continued, while plans for the womens home developed. A DP "thought exhibition" was developed and postering done.

MELBOURNE REGION: In the 3 units, DC, OSC, Classes, postering and AJM Petitioning continued. Dada Abhiik visited all units, while Didi Vanii visited Melbourne and Hobart, talks being advertised and given at each unit. Clearlight bazaar newsletter was planned, and Hobart newssheet produced. In Hobart are

plans for a secondary school (Feb 1977), a exhibition and several businesses (book & stores, restaurant). Stalls were held, and day 16 points seminar held.

PERTH REGION: The soup kitchen is now open in two sections, and is in ection with the involvement with aboriginal groups. Margiis are becoming involved with aboriginal hostel, and also the defence of retarded childrens hostel. This latter on being threatened by local bureaucracy. Margiis are arranging a benefit RAWA conce holding sweets stalls at Freemantle market and training for operation of community rac Group sports (basketball) and self defense training is also happening. Several public talks are planned for Dada Abhiiks visit fr 15 - 20.

BRISBANE REGION: In Brisbane, funds were raised for Baba's lawyer fund. Margiis helped in the Red Cross hosp rest room, and assisted Blind association fund collection. Talks were arranged for Didi Tilottama and work on articles for various publications, including Dharma, contin In Cairns there is still no jagrti, and the brothers are looking for employment, however eight people were taught UMM. At Anandapall: plans for dried fruit operations and herbal Packaging were researched and developed. A bus was hired for brothers accomodation, and the legal registration is still pending. Various farm works continued.

SECTORIAL OFFICE: The workers RDS was held at the office. Various MP's priests and influential people in media public service and other sections of the community were visited re: AJM. DP., newshee and various reports and business continued. The commerce section began proper research, and the Commerce secretary is curren tly taking a college course in import/export busines Contacts for R.U. were made, and contacts made with those interested in Alternative Lifestyles Conference. Work continued on 'Pranam', and the 2 Refugee entry projects Persecution booklets and revised policy order were produced. (see P & P)

PRANAM

16 POINTS: 16 points secretaries were appointed in several units. A one day seminar was held in Hobart.

UKK: Sydney Regional UKK was held 9 - 11th
Trainer was Didi Mahashveta/organizer
Malati/attendance 35/classes and AJM, Yama &
Niyama. Canberra Diocese UKK is planned for
July 24 -25.

Press & Publications: "The Auckland press is contracting outside work, as well as producing more "Why Eat Meat" pamphlets. In Nelson, the Wholefoods newsletter was produced, and 10,000 Free Baba pamphlets printed, Nearly 300 'Persecution of A.M! booklets were printed, with another 500 planned to be printed. Revised policy orders were printed for all unit and regional files.

Publications: Work proceeded with 'Pranam'
'Om Madhu', and a cookbook

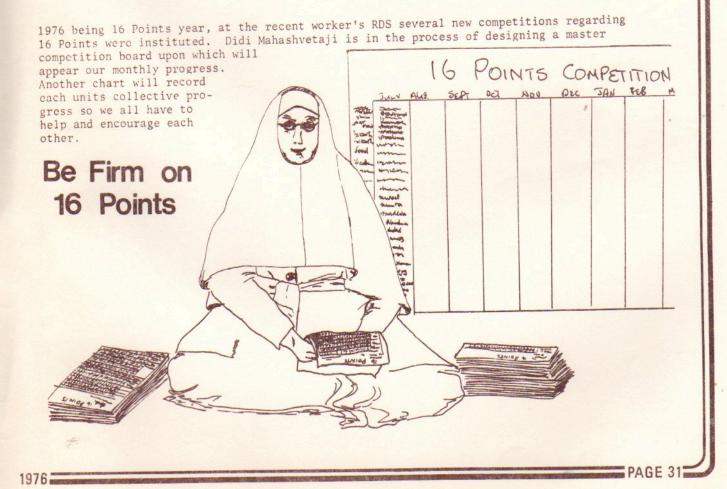
(Nelson). Work on 'Dharma' is also developing in Brisbane. An article on Tantra for a good quality, alternative magazine - 'Simply Living' was reviewed, amended and submitted.

ISMUB: SSFA - Food co-op is growing well in Canberra, and one is developing in Wollongong.

ETA - Sunrise school (Sydney) was inspected and passed, more publicity was arranged. Secondary school is planned to open in Hobart, and a college in Perth.

FFA - Soup kitchens are steady in Sydney and expanding in Perth.

AMURT: In New Zealand, a regional secretary was appointed to co-ordinate and promote the growth of AMURT. In Sydney, further training in Heavy Rescue continues, and first aid to be started.



Addresses

SYDNEY SECTORIAL HEADQUARTERS

Ananda Marga, 9 Queen Street, Newtown N.S.W. 2042. Australia Ph: 514220 (STD 02)

ACARYAS FOR SYDNEY SECTOR

Acting Sectorial Secretary, Ac Abhiik Kumara Brc., C/- Sydney Sectorial Office

Brcii Mahashveta Ac., C/- 9 Robert Street, Marrickville N.S.W.

Brcii Tilottama Ac., C/- 6 Patrick Street, Toowong Brisbane Qld. 4066.

SYDNEY REGION

Ananda Marga, 7 Robert Street, Artarmon N.S.W.

Ananda Marga, 9 Robert Street, Marrickville N.S.W.

Ananda Marga, 12 Owen Crescent, Lyneham, Canberra A.C.T. 2602. Ph: 473 278 (STD 062)

Nirainjana, 12 Lawrence Avenue, Armidale 2350 Australia

Ananda Marga 23 Staff Street, Wollongong N.S.W. Australia 2300.

Ananda Marga, P.O. Box 1416, TOWNSVILLE Q.L.D. 4810

Ananda Marga, 129 Georgiana Terrace, GOSFORD N.S.W. 2250

BRISBANE REGION

Ananda Marga, 6 Patrick Street, Toowong, Brisbane Queensland 4066. Ph: 371 1484 (STD 072)

MELBOURNE REGION

Ananda Marga,

Regional H.Q.

Ananda Marga,
131 Page Street,
Albert Park,
Victoria 3206.
Ph: 699 8420 (STD 03)

10 McGuiness Cres., Lenah Valley, Hobart. Tasmania 7008. Ph: 285 758 (STD 002) Ananda Marga, 12 Torrens Street, College Park, Adelaide S.A. 5069. Ph: 42 1637 (STD 08)

PERTH REGION

Regional H.Q.

Ananda Marga, 7 St. Leonards Ave., Leederville, Perth Western Australia 6007. Ph: 81 5550 (STD 092)

Ananda Marga, 8 Solomon Street, Freemantle W.A. 6160.

SPECIAL PROJECTS

ANANDAPALLI Box 3, Severnlea P.O., Queensland 4351 Ph: Severnlea 835207

Ananda Marga Land Community, C/- Roleystone P.O., PERTH 6111 Ph: 955175

Sunrise Community School, 1 Perentie Road, Belrose, SYDNEY N.S.W. 2085 Ph: 452 264

Ananda Marga Primary School, C/- Showgrounds, Claremont, W.A.

'Wholefoods', 71 Collingwood Street, NELSON N.Z. Ph: 87294

Clearlight Wholefoods, 201A Rundle Street ADELAIDE S.A. 2001

Anandam Foods, 159 Mills Street Middle Park, MELBOURNE VIC PH. 699 3574

WELLINGTON REGION

Regional H.Q.

Ananda Marga, 67 Nairn Street, Wellington. N.Z. Ph: 84 7555

Ananda Marga, 27 Elgin Street, Greylynn, Auckland N.Z.

Ananda Marga, C/- 'Wholefoods', Nelson N.Z.

Ananda Marga, 1/7 Brockworth Place, Riccarton, Christchurch N.Z.

Ananda Marga 5 Arundel Street OAMARU. N.Z.

NEW YORK SECTOR H.Q.

Sectorial Secretary, Ac. Yatiishvarananda Av., 854 Pearl Street, Denver Co. 80203 U.S.A. Ph: (303) 832-6465/323-6466

EAST CANADA REGION

94 Rectory St., London, Ontario, Canada.

WEST CANADA REGION

Ac. Sarit Kumara Brc., 699E 21st Ave., Vancouver B.C. Canada VSV IR8 Ph: 876 46 56

MEXICO REGION

Ac. Jitendra Brc., C/- Restaurante Ananda, 1674 Morelos Ave., Chapultepec, Guadalajara, Jalisco Mexico.

WEST INDIES REGION

C/- Egerton Rhoden (Iishvara), 1 Shortwood Grove, Kingston 8, Jamaica.

BERLIN SECTOR H.Q.

Sectorial Secretary, Ac. Karunananda Av., 1 Berlin 12, Herderstrasse 1 West Germany Ph: 030-312-42-56

FRANKFURT REGION

Ac. Yajinavalkya Brc., 6503 Mainz-Kastlel Hocchelmerstr 5 W. Germany

STOCKHOLM REGION

Ac. Dharmapala Brc., Sjobornsvagen 1 11747 Stockholm Sweden

LONDON REGION

Ac. Bharadvaja Brc., 9 Willows Crescent, Balsall Heath Birmingham 12 9NS Ph: 021-4402365

Ananda Marga, Nimala, 1 Rue Louis Rolland 92121 Montrouge France

Ac. Maetreya Brc., C/- Sundara De, Weijer, Nieuwe Leliestraat 36 Amsterdam Holland

ROME REGION

Ac. Janaka Brc., C/- Tonello Via Fratta 3, 37100 Verona Italy. Ph: 591932

HONG KONG SECTOR H.Q.

Acting Sectorial Secretary, Ac. Bhaskara Brc., P.O. Box 237, Hong Kong Ph: 2274181 796290

TAIPEI REGION

Brcii Madhurii Ac., Ananda Marga Mission, 4th Floor, 45 Roosevelt Road, Section 3, Taipei Taiwan 107 Ph: 35-18-33

TOKYO REGION

Ac. Krsna Das Brc., Rm 216/1-16-18 Wakasocho Naka, Okinana, Japan.

Ac. Kushula Brc., C/- Kim Youngwhan 16A-90-2 Myong Lyung Dung Shugkogu, Seoul, Korea.

MANILA SECTOR

Acting Sectorial Secretary, Ac. Pinak Pani Brc., P.O. Box 129 EA Ermita, Manila Phillipines

SINGAPORE REGION

Ac. Tapeshvara Brc., 36A Kovan Road, Singapore 19.

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GEORGETOWN SECTOR

Sectorial Secretary, Ac. Sumitananda Avt., Rua Paolo Bregaro 194, Bairrol piranga, Sao Paulo Brazil.

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